



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09328, Maraschino cherries, canned, drained

Report Date: June 30, 2017 15:03 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.87 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cherry (NLEA serving) 5g
Proximates					
Water ¹	g	57.27	1	--	2.86
Energy	kcal	165	--	--	8
Energy	kJ	690	--	--	34
Protein ¹	g	0.22	1	--	0.01
Total lipid (fat) ¹	g	0.21	1	--	0.01
Ash ¹	g	0.34	1	--	0.02
Carbohydrate, by difference	g	41.97	--	--	2.10
Fiber, total dietary ¹	g	3.2	1	--	0.2
Sugars, total	g	38.77	--	--	1.94
Minerals					
Calcium, Ca ¹	mg	54	1	--	3
Iron, Fe ¹	mg	0.43	1	--	0.02
Magnesium, Mg ¹	mg	4	1	--	0
Phosphorus, P ¹	mg	3	1	--	0
Potassium, K ¹	mg	21	1	--	1
Sodium, Na ¹	mg	4	1	--	0
Zinc, Zn ¹	mg	0.26	1	--	0.01
Copper, Cu ¹	mg	0.143	1	--	0.007
Manganese, Mn ¹	mg	0.012	1	--	0.001
Selenium, Se	µg	0.2	--	--	0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cherry (NLEA serving) 5g
Thiamin	mg	0.000	--	--	0.000
Riboflavin ¹	mg	0.000	1	--	0.000
Niacin ¹	mg	0.004	1	--	0.000
Pantothenic acid ¹	mg	0.054	1	--	0.003
Vitamin B-6 ¹	mg	0.005	1	--	0.000
Folate, total	μg	0	--	--	0
Folic acid	μg	0	--	--	0
Folate, food	μg	0	--	--	0
Folate, DFE	μg	0	--	--	0
Choline, total	mg	4.3	--	--	0.2
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	2	--	--	0
Retinol	μg	0	--	--	0
Carotene, beta	μg	27	--	--	1
Carotene, alpha	μg	0	--	--	0
Cryptoxanthin, beta	μg	0	--	--	0
Vitamin A, IU	IU	45	--	--	2
Lycopene	μg	0	--	--	0
Lutein + zeaxanthin	μg	59	--	--	3
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	μg	1.5	--	--	0.1
Lipids					
Fatty acids, total saturated	g	0.039	--	--	0.002
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cherry (NLEA serving) 5g
16:0	g	0.029	--	--	0.001
18:0	g	0.010	--	--	0.000
Fatty acids, total monounsaturated	g	0.049	--	--	0.002
16:1 undifferentiated	g	0.001	--	--	0.000
18:1 undifferentiated	g	0.049	--	--	0.002
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.055	--	--	0.003
18:2 undifferentiated	g	0.028	--	--	0.001
18:3 undifferentiated	g	0.027	--	--	0.001
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Continued monitoring of the nutrient content of selected key foods, University of Georgia, 1993 Beltsville MD